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KURT RUSSELL TALKS 'STACHES

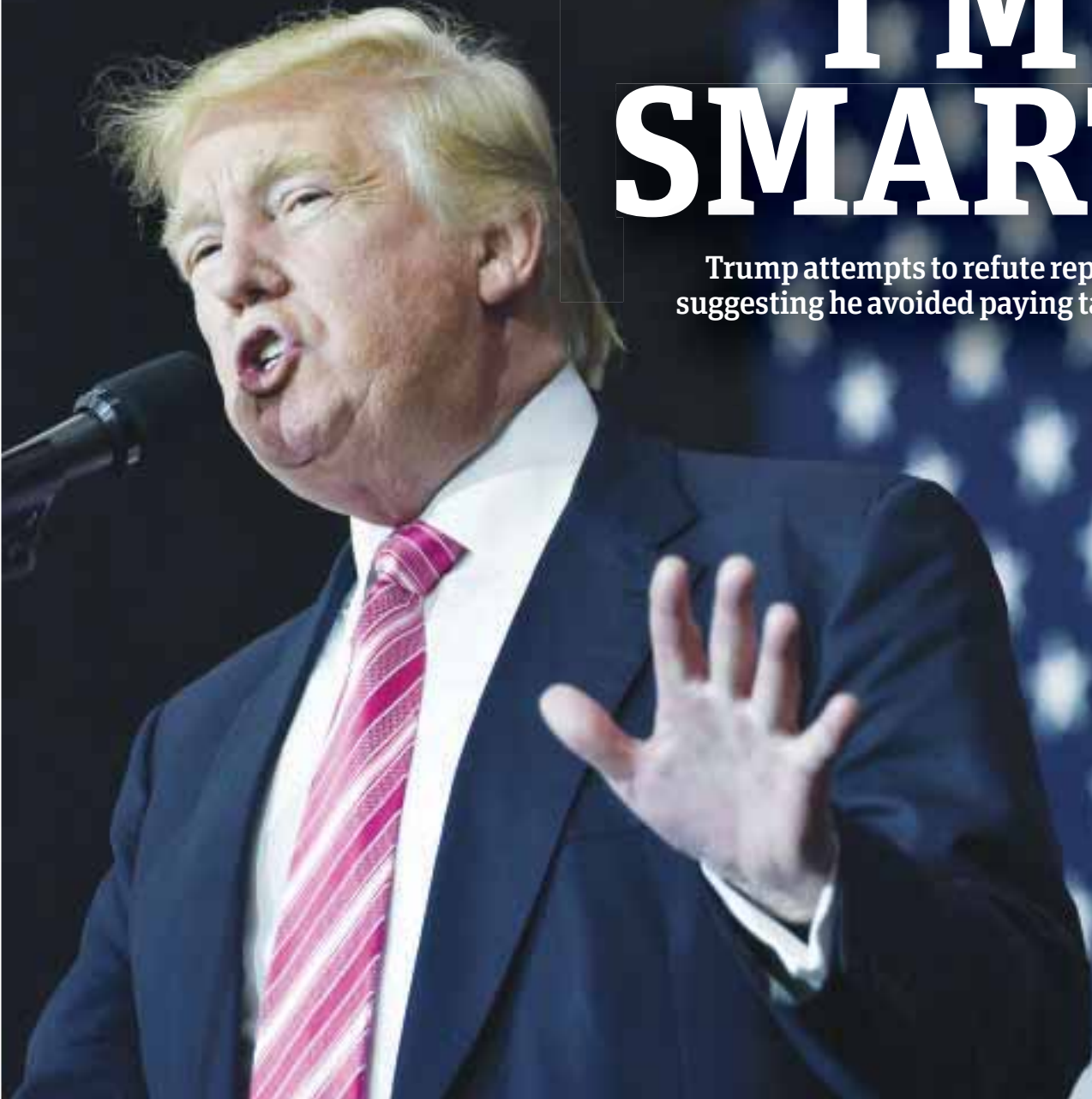
The 'Deepwater Horizon' actor tells us about looking manly. 19

How to cross
that project
off your to-do.
22

Things continue to spiral
downward for Jets. 25

'I'M SMART'

Trump attempts to refute reports
suggesting he avoided paying taxes. 6



3 things you need to know

FATAL POLICE SHOOTING
OF BLACK MAN IN LOS
ANGELES DRAWS PROTEST

1 A fatal police shooting of a black man in Los Angeles is under investigation, police said on Sunday, a day after the deadly use of force drew protesters to the scene. The shooting occurred about 1 p.m. on Saturday after police chased a vehicle that did not comply with a traffic stop, the Los Angeles Police Department said in a statement. The incident was the latest officer-involved shooting to stoke concerns about racial bias in policing in the United States. Two black males got out of the car at the traffic stop and fled on foot, police said. Officers followed one of them to a residence, where he was shot and killed, the statement said. The man, who has not been identified by police, was pronounced dead at the scene. **REUTERS**

SYRIA PRESSES ALEPPO
ADVANCE, TELLS
REBELS TO LEAVE

2 Syrian government and allied forces have advanced toward Aleppo, pursuing their week-old offensive to take the rebel-held part of the city after dozens of overnight air strikes. The Syrian army told the insurgents to leave their positions, offering safe passage and aid supplies. Syrian forces supported by Iranian-backed militias and Russian air power began their push to take the whole of the divided city after a cease-fire collapsed last month. An air campaign by the Syrian government and its allies has been reinforced by a ground offensive against the besieged eastern half of Aleppo, where insurgents have been holding out. Hospitals have been badly hit in the assault, medics say. While Russian Foreign Minister Sergei Lavrov and Secretary of State John Kerry spoke by phone to discuss normalization of the situation, Britain said the bombing of hospitals by forces loyal to Syrian President Bashar al Assad made it impossible talk about peace. **REUTERS**

DEUTSCHE BANK RACES
AGAINST TIME TO
REACH US SETTLEMENT

3 Deutsche Bank is throwing its energies into reaching a settlement before next month's presidential election with U.S. authorities demanding a fine of up to \$14 billion for mis-selling mortgage-backed securities. The threat of such a large fine has pushed Deutsche shares to record lows and a cut-price settlement is urgently needed to reverse the trend and help to restore confidence in Germany's largest lender. A media report said that Deutsche and the U.S. Department of Justice were close to agreeing a settlement of \$5.4 billion lifted the stock to close 6 percent higher, but that report has not been confirmed. **REUTERS**



METRO'S NEWS QUIZ

You read Metro to stay on top of the news. Now's your chance to find out how much you know. Take our daily news quiz to test your knowledge by going to www.metro.us/news-quiz to submit your answers.

1. What has a local artist done to attract tourists to Staten Island?
2. How many interceptions did Jets QB Ryan Fitzpatrick have over his last two games?
3. Which Elvis movie did Kurt Russell appear in as a child actor?



In this NOAA handout image, taken by the GOES satellite at UTC, 1803Z shows Hurricane Matthew in the Caribbean Sea just south of Cuba and Jamaica. **GETTY IMAGES**

MATTHEW TEARING
THROUGH CARIBBEAN

Bolaris' Weather Watch



JOHN BOLARIS
@weathersavior

Matthew temporarily became the strongest hurricane in over a decade Friday night as winds peaked at 160 mph, exceeding Category 5 level. Hurricanes of that intensity are capable of catastrophic damage.

The last storm to reach the strength of Matthew in the Atlantic basin was Hurricane Felix in 2007 with winds of 175 mph. An estimated 130 people died in that hurricane.

On Sunday, Matthew weakened to a very powerful Category 4 hurricane with winds of 145 mph, but still capable of widespread destruction. The intensity of Matthew will fluctuate over the next 48 hours as it interacts with the land masses of western Haiti, eastern Cuba and Jamaica. Haiti looks to be in

the crosshairs of Matthew and by late today and tonight, the island nation could take on a deadly and devastating blow. Deforestation in Haiti has dramatically increased the potential for flooding and landslides. Many Haitians live in ramshackle homes that would be exposed to the wrath of Hurricane Matthew.

If the storm stays on its projected track, Jamaica and eastern Cuba will take a major hit, but not as bad as Haiti. The most powerful quadrant of almost all hurricanes are on the northeast flank, which would put Haiti directly in its path.

Future track
of Matthew

Matthew's future track and intensity is still uncertain. Right now, we are pretty confident that once Matthew moves away from Jamaica, Haiti, and Cuba, it's pretty certain that it will slam into the central Bahamas by Wednesday as at least a major hurricane with winds of around 125-130 mph.

New York

Today: Morning clouds, some afternoon sun, High 72

Tuesday: Mostly cloudy, High 68

Wednesday: Sunny, then cloudy, High 70

Thursday: Sunshine, High 73

Friday: Clouding up, breezy, High 70

Weekend: Uncertain depending on the future track of Hurricane Matthew

After the
Bahamas

Most computer models agree that Matthew will slowly move off the Florida coast by Thursday or Friday and not directly strike the state.

After that, models have a wide margin for error, but the consensus as of now (and as

of now is very important to understand as its path is still uncertain) is that Matthew could buzz the South Carolina and North Carolina coasts by this coming weekend, and then either begin to veer more northeastward, sparing the mid-Atlantic and Northeast of a direct strike. In another scenario, it could buzz off the coasts of the Carolinas, Virginia, New Jersey, Long Island and southern New England by late in the weekend.

A European model has it veering off the coast and actually then heading toward the coast of Maine by next week.

Meteorological
conundrum

The timing of a deep trough to swing from the Plains to the East Coast and exactly what position Matthew will be at the time will dictate Matthew's future impact on the Northeast, whether it's simply strong, gusty winds and tidal flooding along the coast, or something with much more of an impact. For now, the jury is still out.

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Top pro-hockey player Amanda Kessel barely skates by with \$26,000 salary

The Olympian and New York Riveters star is a striking example of salary disparities in men and women's pro sports.



AMANDA MIKELBERG
@MetroNewYork
amanda.mikelberg@metro.us

Now that's pretty cold.

The top women's professional hockey player in New York City Amanda Kessel has to move to New Jersey because she can't afford the city's rent on her salary.

The Wisconsin native, who just arrived here to join the New York Riveters, earns a salary that by some standards barely exceeds the poverty line: \$26,000, the New York Post reported.

And she's supposedly a top earner in the National Women's Hockey League.

To put the wage disparity in perspective, the highest-paid NHL player is Pittsburgh Penguins



Amanda Kessel of the United States handles the puck against Canada during the Ice Hockey Women's gold medal game. GETTY IMAGES

center Sidney Crosby at \$16.5 million in the 2015-16 season, with a plumb \$4.5 million extra in endorsements and business off the ice. (Kessel's brother Phil is also a member of the Pittsburgh Penguins, who recently won the Stanley Cup).

To reduce expenses, Kessel, 25, is moving from her temporary Soho digs to Jersey City where she will share an apartment with teammates Rebecca Russo and Courtney Burke. To supplement her paycheck, Kessel, a member of the 2014 Olympic

team that won silver in Sochi, receives a stipend from Team USA. She also earns some extra change from playing in tournaments and coaching kids at summer camp.

Her teammates also have to seek extra work to pay the bills. "One

is teaching in a school. There are probably about three or four who are coaching. Some are looking to nanny," Kessel said.

Nevertheless, Kessel is ecstatic to be on one of the four teams in the two-year-old NWHL, because after a severe

injury, she thought she might never play again.

In 2013, she suffered a concussion that cost two years of her career. Following the injury she took off six weeks, went to score big at the Sochi Olympics, and then fell into an inexplicable funk that kept her from barely venturing out of her house except to see the doctor.

"I said, 'Something's not right here,'" she recalled. "I couldn't go into stores and talk to people. I didn't want to look at people because I felt so off."

Fortunately, Kessel found a doctor to treat her and encourage her.

"I needed the push," she said. "I thought I was doing everything possible to get better, so someone telling me something different was what I needed."

Despite her low pay, Kessel is still in it for the gold. She plans to attend the 2018 Olympics to fulfill her "biggest dream: to win a gold medal," she said.

Octopus ferry attack memorial lures tourists to Staten Island

Once upon a time, in a land called Staten Island, there lived an artist who fooled tourists into coming to the so-called "forgotten borough."

Pamphlets advertising the Staten Island Ferry Disaster Memorial Museum began circulating around downtown Manhattan last month. The brochure directed people to an exhibit and a sophisticated website with articles, artifacts and video documentaries about an incident said to have occurred at 4 a.m. on Nov. 22, 1963: A Staten Island ferry "vanished without a trace," with eyewitnesses claiming large tentacles wrapped around the ferry as it went under.

A cast-bronze memo-

rial depicting the monster dragging a ferry boat under water then surfaced in Battery Park. The inscription honors the 400 passengers lost aboard the Cornelius G. Kolff ferry.

The incident is little known because it was overshadowed by the assassination of JFK on the same fateful day, the museum's literature stated.

The museum's physical address is listed as 1001 Richmond Terrace, Staten Island, New York. Dozens of people who've gone to check it out found nothing at that address across the street from the Snug Harbor Cultural Center and Botanical Garden, where confused tour-

ists wound up as they tried to find the elusive historical museum.

Joseph Reginella, a pop artist and sculptor, claimed he is the mastermind behind the elaborate hoax.

"I wanted to create an urban legend, I didn't realize how quickly you could create one and have people believe it, kind of like the alligators in the sewers," Reginella told Metro.

"It starts with 90 percent of people thinking it's real," he said. "Some gullible people, they fall for it, they find out it's a joke and they think it's funny."

"I got a call from the cultural center. They were less than pleased that people were com-

ing around looking for it," Reginella said. But they soon changed their tune when they realized that it's because of this that foot-traffic to the cultural center has improved significantly.

He also raised \$50,000 for the Snug Harbor 9/11 museum with bronze sculptures depicting firefighters raising an American flag at ground zero.

Reginella creates staging and display works for high-fashion clients such as Juicy Couture, Bloomingdale's, Macy's — as well as fabricates works for a high-profile American artist who charges millions upon millions for pop-art pieces. He declined to name the



Memorial of the legend of the octopus ferry disaster, at Battery Park AMANDA MIKELBERG

artist.

Reginella's work was recently featured on the cover of Harper's Bazaar with Rihanna draped across the jaws of a great white shark he sculpted.

Reginella had a media moment a few years ago when he made a baby crib in which a child might sleep in the jaws of a shark.

Sixteen years ago Reginella impressed Mayor Ed Koch with a bronze

sculpture depicting Rudy Giuliani plowing through a park and crushing merchants and artisans underfoot.

"Thank you for the sculpture," Mayor Koch wrote to him in a letter. "You really captured his spirit."

As for Reginella's octopus lore, it's meant in the spirit of humor.

"I just want to make people smile," he said.

AMANDA MIKELBERG

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Trump scrambles to counter report suggesting he hasn't paid income taxes for several years

Supporters say Trump is "genius" for using tax laws to his benefit.



GARY KANE
@MetroNewYork
gary.kane@metro.us

Donald Trump's campaign staff went into overdrive Sunday in an attempt to recover from a front-page New York Times revelation that the Republican presidential nominee likely avoided paying federal income taxes for several years.

Bucking the long-held practice of presidential candidates to release their tax records, Trump has persistently refused to release his tax documents.

The Times obtained copies of portions of Trump's 1995 tax records, which show that he declared a \$916 million loss. The Times pointed out that the reported losses could have allowed Trump to avoid paying federal income taxes for up to 18 years.

Trump asserted that he was "smart" for not paying taxes when pressed on the issue during the recent debate by Democrat Hillary Clinton.

In response to the Times story, Trump questioned the newsworthiness of the story and accused the paper of having ulterior motives with its publication.

"The only news here is that the more than 20-year-old alleged tax document was illegally obtained, a further proof that the New York Times, like establishment media in general, is an extension of the Clinton Campaign, the Democratic Party and their global special interests," the Trump letter states.

The letter goes to state that Trump has paid "hundreds of millions of dollars" in a variety of taxes, including sales, property and excise taxes.

The letter also attempts to deflect attention to Clinton's email scandal, which the candidate attempted to do during the debate.

As for Trump saying the Times possesses an "alleged tax document," the story notes that the man who prepared Trump's taxes that year verified their authenticity.

Trump supporters quickly jumped to the candidate's defense.

"He's a genius, absolute genius," former New York mayor Rudy Giuliani gushed on ABC's "This Week." "This was a perfectly legal application of the tax code, and he would've been a fool not to take advantage of it."

New Jersey Gov. Chris Christie echoed that assessment.

"The genius of Donald Trump has been to make

sure he follows the law," he said on "Fox News Sunday." He added that he thought that "this is a very, very good story for Donald Trump."

However, several GOP heavyweights haven't rushed to Trump's defense.

House Speaker Paul Ryan, who last month called on Trump to release his tax returns, Senate Majority Leader Mitch McConnell, who also urged Trump to do so, and RNC Chairman Reince Priebus have yet to comment on the Times story.

Needless to say, the Clinton camp pounced on the story.

Robby Mook, Clinton's campaign manager, was quick to point out on NBC's "Meet the Press" that Trump is taking advantage of tax laws is a way that his blue-collar supporters cannot.

"We see Donald Trump is having to defend the fact that he may not have paid taxes for 20 years, which is something most Americans don't have the option to do," he said.

Senate Minority Leader Harry Reid (D-Nev.) blasted Trump in a statement released Sunday.

"Trump is a billion-dollar loser who won't release his taxes because they'll expose him as a spoiled, rich brat who lost the millions he inherited from his father," Reid wrote.

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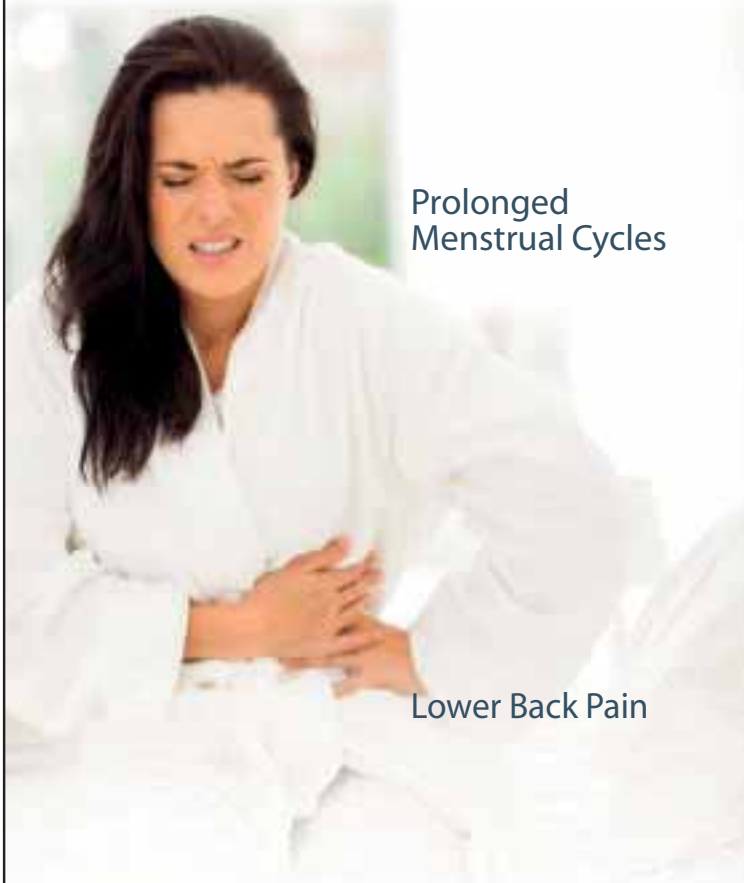
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NJ Transit black box broken, engineer says he was going 10 mph

As best he can remember, the engineer driving the NJ Transit train that crashed into the Hoboken Station on Thursday morning said he was going the appropriate 10 mph as he approached the station.

Engineer Thomas Gallagher said he checked the speedometer and that he was going 10 mph as he entered the terminal, officials of the National Transportation Safety Board said Sunday at a news conference. But Gallagher said he doesn't remember the moment of the crash and that he only recalls waking up amid the rubble.

The only "black box" recovered from the wreckage was not functioning at the time of the crash and cannot provide any information that might help to determine the cause of the crash, officials said.

NTSB Vice Chairman Bella Dinh-Zarr stated that hope remains that another event recorder



GETTY IMAGES

still lost in the debris might provide the crucial answers.

Dinh-Zarr called the examination of the crash scene a "game of pickup sticks."

"Yesterday our recorders experts worked with experts from the manufacturers to access data from the recovered locomotive event recorder, which was built in 1995. Unfortunately, the event recorder was not functioning during this trip," she said.

A walking tour and

examination of station video to determine the cause did not indicate to investigators any sort of signal failure or potential performance obstacle.

Gallagher, 48, of Morris Plains, New Jersey, who has been a licensed engineer for 16 years, said he recalls clear visibility as he pulled in, checked his watch, and looked at the speedometer and found the train was going about 10 mph.

By all other accounts, the train carrying 250 came barreling into the station at a "high rate of speed," according to officials. It blasted through the protective bumpers and smashed into a wall, causing the ceiling to collapse.

Fabiola Bittar de Kroon, 34, of Hoboken and the mother of a 1-year-old, was the only fatality of the crash. At least 110 people were said to have been injured.

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DeSean Jackson lets his footwear do the talking



Wide receiver DeSean Jackson of the Washington Redskins wears cleats displaying police caution tape prior to a game against the Cleveland Browns at FedExField on Sunday. GETTY IMAGES

The Redskins WR brought attention to what he described as the “senseless killings of both citizens and police” by wearing custom-made cleats.

National Football League players continued to make silent social statements during the United States national anthem on Sunday, while a Washington Redskins receiver let his footwear do the talking.

Jackson wore white-and-blue cleats painted with yellow police caution tape for the national anthem but changed before the game.

“Today is the start of my attempts to be part of a solution and start dialogue about the senseless killings of both citizens and police,” Jackson said in a statement, adding that he did not consider his action to be a protest.

“I have chosen to wear these cleats in pre-game today to use my platform as a pro athlete to add to this discussion.

“This isn’t meant to be any kind of protest against the good men and women in law enforcement in this country. I just want to express my concern in a peaceful and productive way about issues that are currently impacting our country.”

The Redskins had no objection to Jackson’s shoes.

“We stand in support of both DeSean and the law enforcement community,” the team said.

*“Today is
the start of
my attempts
to be part of
a solution
and start
dialogue
about the
senseless
killings
of both
citizens and
police.”*

Jackson

Elsewhere, the Seattle Seahawks’ players continued their demonstration of unity by linking arms during the national anthem before their game at the New York Jets.

Meanwhile, at least half a dozen other players made a silent statement during the anthem, including Bruce Irvin and Malcolm Smith of the Oakland Raiders.

For the second straight week they raised their right fists in scenes reminiscent of sprinters Tommie Smith and John Carlos during the 200 meters medal ceremony at the 1968 Olympics.

San Francisco 49ers quarterback Colin Kaepernick started what has become a controversy when he began the gestures against injustice and police brutality by refusing to stand for “The Star-Spangled Banner” during pre-season games.

REUTERS

BRIEF

‘Study, pray, vote,’ pope tells Americans ahead of elections

Pope Francis on Sunday advised U.S. Catholics who feel they are torn between two imperfect candidates for president to study and pray before they vote and to make sure to follow their conscience.

During his traditional, freewheeling in-flight news conference with reporters on the plane returning from

Azerbaijan, Francis was asked how he would counsel American faithful and what wisdom they should keep in mind.

“You have asked me a question that describes a difficult choice because, according to you, there are difficulties with one and difficulties with the other,” the pope said, without naming Democrat Hillary Clinton or Republican Donald Trump.

In posing the question, the reporter made allusions to

Clinton’s support of abortion and Trump’s statements vilifying migrants and religious minorities.

“During political campaigns, I never say a word,” the pope said. “The people are sovereign. I would only say, study the proposals well, pray and choose with your conscience.”

But in the rest of his response, while stressing that he wanted to talk about a “fictional situation,” Francis appeared to

be saying that the United States was among the countries that had become so politicized that it had effectively lost what he called a culture of politics.

“When in any country there are two, three or four candidates who don’t satisfy everyone, it means that perhaps the political life of that country has become too politicized and that it does not have much political culture,” he said.

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THE YOUNG AND RESTLESS

Assuming all the talk of nastiness and sex tapes can be quieted for a few days (which is hardly a sure bet), here are a few other things you can watch for this week in politics.

1. MARGINAL MILLENNIALS
Even some pollsters are a little twitchy about the reliability of polls in this race. However, Hillary Clinton has once again edged up a tiny bit following Donald Trump's week of troubles. But hold on: Even as Clinton is courting millennials, a leaked recording has emerged from the Washington Free Beacon of her kind of, sort of, talking sideways about former members of the Bernie Sanders army. The recording was made at a Clinton fundraiser in February and she describes these young voters as essentially disillusioned kids living in their parents' basements who don't grasp how government works. For example, she notes they want free college — um, which is what she is now proposing to do at public colleges. Hmm.

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the book "My Year of Running Dangerously." @tomforemancnn



While she didn't exactly trash-talk the young folks, watch for a wagonload of Clinton sur-

rogates try to make nice on that front anyway ... just in case.

2. SLEEPLESS IN TWEETSVILLE
Honestly, who has any idea what is coming next from the Republican contender? As long as he has a smartphone it seems no one is safe from a tweet storm any hour of the day. That said, he was surging in the polls and gathering at least some favorable comments for his newly found self-control before the debate came along and blew all of that sky high. The question: Can he settle down and start selling stability again — or at least something like it? Hey, we all have bad weeks, but Trump is running out of time and space to recover if he slips again.

3. CLASH OF MIGHT-ENS
It's a battle to end all battles! It will be all out war, as Mike "Punisher" Pence meets Tim "Crusher" Kaine for the North American Vice Presidential championship! But seriously, they'll debate on Tuesday. So, you know, if you need help falling asleep ...

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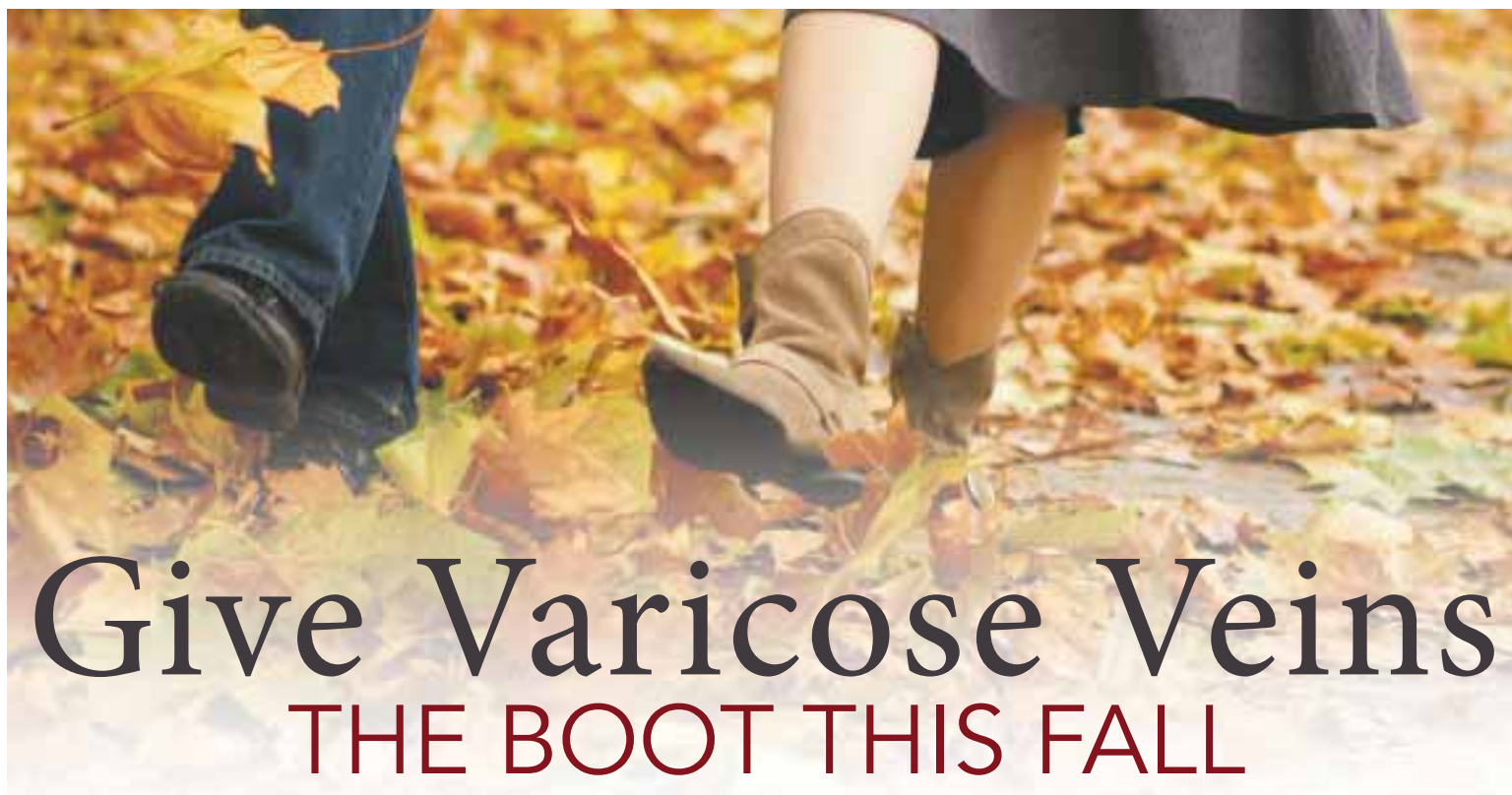
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Supreme Court to weigh reach of insider trading law

The U.S. Supreme Court is set to consider this week a closely watched insider trading case that could limit the ability of prosecutors to pursue such charges against hedge fund managers and other traders.

The eight justices, who open their 2016-17 term on Monday, will hear arguments on Wednesday in the case of an Illinois man, Bassam Salman, who prosecutors said made nearly \$1.2 million trading on inside information about mergers involving clients of Citigroup Inc., where his brother-in-law worked.

It is the first time in two decades that the Supreme Court has taken up a case involving insider trading, a crime that the U.S. Congress has never defined and has left the courts and the Securities and Exchange Commission to shape.

Salman was convicted



The facade of the United States Supreme Court building. GETTY IMAGES

of conspiracy and securities fraud charges arising from insider trading and sentenced in 2014 to three years in prison.

At issue in Salman's appeal is whether the government in insider trading cases must prove that an alleged source of corporate secrets like the brother-in-law received a tangible benefit like cash in exchange for any tips.

Lawyers and prosecutors say that requiring such proof would make it harder for authorities to pursue insider trading cases, potentially preventing prosecutions in which corporate

executives tip friends or relatives without any tangible quid pro quo.

"This will be a court decision that could have significant ramifications on if tipping cases can continue to be brought with the fervor they have been brought in the last decade," said David Miller, a defense lawyer at the law firm Morgan, Lewis & Bockius.

The appeal follows ramped-up efforts by U.S. authorities to crack down on insider trading, with the SEC announcing charges against more than 550 people in the past six years.

A wave of insider trading cases brought by Manhattan federal prosecutors, meanwhile, resulted in Galleon Group founder Raj Rajaratnam's conviction in 2011 and a \$1.8 billion settlement and plea deal in 2013 with hedge fund SAC Capital Advisors LP.

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Why Knee And Hip Arthritis Pain Sufferers Are Flocking To This Manhattan

The Knee Arthritis Treatment In New York

Leading Arthritis Treatment Center Combines Multiple

By Matt Edgar

America's Health Writer

NYC - If you would like to relieve your knee arthritis pain, this will be the most important information you ever read.

And the best part is - these are *REAL* cutting-edge MEDICAL treatments. Done by *REAL*, skilled medical doctors.

This is NOT some hoax ... wonder supplements... being sold by fast talking marketers.

But before we go any further, let's get one thing abundantly clear: This is NOT an overnight miracle cure.

Arthritis is a real medical condition and there are no over night cures.

But there are doctors who have tremendous success treating arthritis with the best medical technology and treatments available today.

These doctors are having such great success, everyone is talking about them and the medical clinic located right here in NYC has been flooded with knee arthritis sufferers.

What Are They Doing To Get Such Great Results?

Before we get into the actual treatment (there are 3 of them) let me ask you this...

What would like be like if you could end your knee arthritis

pain just about overnight?

Seriously. Could you imagine all the stiffness and pain gone? How awesome would it be to do all the things you can't do now because of the pain?

It's simple. The experts at *NY Pain MD* have combine the best medical treatments with the most advanced technology.

This often gets results even when so many others have failed -

Chosen By Top-Level Professional Athletes

One reason is that top professional athletes have already been taking advantage of these cutting-edge treatments. In fact, it has been reported that many NFL and NBA players have already

NYC.

And the best part is - they are very affordable, do not require surgery or use of opioid or other addictive pain medications and .. actually heal rather just hiding the pain.

Here is something very important...

After years of experience on thousands on patients, the doctors at *NY Pain MD* have found 3 things that often lead to results when others fail.

The first is this - understanding that no two patients are the same.

Let's be clear - you are unique. Therefore, you need a unique treatment plan that will most likely work for YOU.

Some patients only need one of these treatments while others need several in a special sequence.

The second and what's amazing is - some of the best results have come from a combination of two or all three of these treatments.

Why Is This Knee Pain Treatment In Such High Demand?

"Precision Arthritis Targeting" Technology

There are many big medical clinics in NYC. In fact, New York offers some of the best medical care in the world.

With so many great options - **why are knee arthritis sufferers flocking to NY Pain MD?**

There are several reasons. The first is what we can "Precision Targeted Knee Pain Technology."

Here's what that means and why it is so important to you.

Some treatments, like viscosupplementation, require extremely accurate injections. This treatment places a medical lubricating and cushioning gel directly into the arthritic knee joint.

This helps the knee glide more smoothly decreasing or eliminating pain.

Precision Arthritis Targeted Technology Or PATT means that we use extremely advanced digital imaging to make sure this FDA approved lubricating gel is placed precisely where it needs to go. This allows treatment to have the best chance of success.

Doing this procedure without this advanced technology often leads to failure to apply the precise dosage needed to heal.

Another secret to success is having access to multiple treatments to maximize pain relief and healing. *NY Pain MD* uses multiple brands of

lubricating gels and also offers BioCellular therapy including platelet rich plasma (PRP). These are not being used by top professional athletes in an attempt to heal injuries faster. The combination of these treatments can often get incredible results when other treatments have failed.

While many clinics only offer one of these treatments - *NY Pain MD* offers them all under one roof for maximum results and convenience.

And just as important is the experience of *NY Pain MD* doctors who are experts and have successfully performed thousands of successful procedures.

The bad news is - there is no real treatment that can guarantee such results. That's just not the way real medicine works.

But the good news is - there are new medical treatments and technology that are getting amazing results for countless pain sufferers who had no hope not too long ago. **Here's How They Get Such Great Results**

even when you have been told you need knee replacement surgery.

The 3 Treatments

There are basically 3 advanced treatments used: Viscosupplementation, Bio-Cellular "Stem" Cell Therapy and Platelet Rich Plasma (PRP).

Now, you may have heard of one or even all three of these treatments.

used the healing powers of "stem cell" and PRP treatments to combat injuries and get back on the field as fast as humanly possible.

It's no secret that sports stars with unlimited money before they become mainstream and easily affordable to the public.

Well, now these same treatments are available right here in

This is important because many doctors and clinics only offer limited options regarding treatment. If this is the case - you lose the exponential power these treatments possess when used in the same treatment plan.

If you choose to get one of the other treatments, you must go to another clinic. *NY Pain MD* has found it is much better to have all your

an Medical Clinic To Relieve Pain And Avoid Joint Replacement Surgery

NYC Pain MD Metro Area Everyone Is Talking About Advanced Procedures To Get The Best Possible Results

treatments under "one roof" for both convenience and results.

The third reason is:

Technology

Everyone knows how important technology is in medicine.

It saves lives and has ended the suffering of countless people.

Incredible heart surgeries, and laser eye surgeries are just 2 examples.

Know this: *NY Pain MD* uses the most

advanced technology to maximize results from treatments.

All three treatments we have been talking about require some form of injection. In all cases... like viscosupplementation... this procedure *must be extremely accurate* and with no pain.

In viscosupplementation, a gel-like medicine is placed exactly into the arthritic area. This gel acts like a shock absorber and lubricates the joint. This allows the joint to move freely again - without all the grinding caused by arthritis - relieving some or even all of the pain.

This treatment has changed the lives of countless arthritis sufferers and even saved many from replacement surgery.

But... if this treatment is not done with extreme precision - it can be basically worthless. Studies actually show that doctors doing joint injections without advanced imaging miss the joint space entirely about one third of the time.

Obviously, if the medicine does not get into the joint it can't

work.

That's why *NY Pain MD* always utilizes **Precision Arthritis Targeting Technology Or P.A.T.T.**

P.A.T.T. is the use of state of the art digital imaging so treatments can be given with pinpoint

The third reason is the training and experience of the doctors.

The doctors at *NY Pain MD* are all well-trained and have given thousands of related treatments.

Here's Some Great News

The doctors at *NY Pain MD* set aside some time every month to evaluate knee arthritis pain sufferers and see if they are a good candidate and qualify for their cutting-edge

arthritis pain. I would like to acknowledge you for that. Most people never take the time to educate themselves the way you have.

You are reading all this and you really have the commitment and determination to do this now. If I am correct, and this sounds like you, That's why this qualification screening is perfect for you.

It's specifically for people like you who want to end your knee pain and get your life back. It will give you all the answers you are looking for and you will leave knowing what your best treatment options are.

You will NOT be given a sales pitch or pressured to start treatment. You will be given answers and recommendations.

Just call **855-456-PAIN** and tell whoever answers the phone you would like a free knee pain qualification screening and they will take care of everything.

But please remember, *NY Pain MD* has a limited number of spaces available each month - so call now to reserve the next available spot. All your questions and concerns will be handled at the special screening. The possibility of relief is just a phone call away.

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Can Cells From Your Belly Fat OR Blood Help Your Knee Arthritis Pain?

Bio-Cellular therapy is cutting-edge medicine and getting more and more popular every day. Here is why...

Bio-Cellular therapy is a treatment that uses stem cells, or cells that come from stem cells and platelet cells from your blood to replace or to repair a patient's cells or tissues that are damaged.

The "mesenchymal" cells can be placed or "transplanted" into the damaged tissue directly.. or even recruited from the patient's own tissues for self-repair. These "Bio-Cells" may have the ability to 'self-renew' or 'morph' or divide and give rise to more cells of the same kind allowing for relief and possible healing..

They can also mature or 'differentiate' into specialized cells that carry out a specific function, such as in the skin, muscle, or even possible cartilage.

It is believed that these cells help in the healing of damaged structures in the knee, hip, shoulder or other joints such as cartilage, meniscus and ligaments. These cells may also also powerful anti-inflammatory helpers.

Because of this, many doctors report tremendous results treating arthritis pain and other injuries with Bio-Cellular Procedures.

If you have joint pain caused by arthritis or any of the conditions listed below, The *NY Pain MD* Bio-Cell

program may be able to help you. **For a screening to see if you qualify for Bio-Cell Procedures simply call:**

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- **Partial or severe tears of the joint ligaments**
- **Patellofemoral Syndrome (knee)**
- **Knee, Shoulder, hip bursitis**
- **Back-Neck-Disc Pain**
- **Patellar tendonitis**
- **Meniscus tear (partial)**
- **Knee Instability**
- **Biceps Femoris (arm) Tendon conditions**
- **Hamstrings/Muscle damage**
- **Cartilage Damage**
- **Most Arthritis**

accuracy and place the gel medicine exactly where it needs to be to give the best chance for optimal results.

Accurate, pin-point treatments are also usually painless.

Many of the patients at *NY Pain MD* had already tried treatment elsewhere (without the Precision Arthritis Targeting) and did not get good results.

**Reason #3
Experience Matters**

Everyone knows - technology is only as good as the doctor using it. And there is no substitute for experience.

The combination of **Precision Arthritis Targeting Technology (PATT)** and experienced doctors with thousands of treatments and multiple cutting-edge treatments all under one roof often leads to the best possible results available.

treatments... for free.

This completely free with no strings attached. But, due to the popularity of these treatments, there are limited spots available.

Here's What To Do Right Now

Because you have read all this information - you are obviously the type of person who is intelligent and seriously looking for the best possible treatment for your knee

Stressed out by US election? Tune out and assume downward-facing dog pose

While some patients are unhappy with the idea of a Hillary Clinton presidency, most are worried about Donald Trump.

Stop reading the news and take up yoga. That's what some therapists in the United States are telling patients stressed out by a nasty presidential campaign in which two unpopular candidates are in a tight race for the

most powerful office in the world.

The therapists said their patients have complained of difficulty sleeping, irritability and heart palpitations. They said they were advising clients to limit exposure

to the news and take up breathing exercises and yoga to calm down.

"I've never seen this level of stress and anxiety over an impending election in my 26 years [of practicing]," said Nancy Molitor, a clinical



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psychologist from just outside Chicago.

Molitor said she had two elderly patients who were worried that their grandchildren would inherit an America in turmoil. Another, a World War Two veteran, sees similarities between Trump and the Italian dictator Benito Mussolini, Molitor added.

Clinton has accused Trump of racism and sexism, and her campaign frequently calls him "unhinged" and unfit for the presidency, saying he has a volatile temperament that could endanger U.S. national security. Trump, in turn, has said Clinton is a corrupt lifelong politician who should be jailed for her use of a private email server without official approval while she was secretary of state.

Philip Muskin, professor of psychology at Columbia University Medical Center, said the anxiety among his patients reminded him of the aftermath of the Sept. 11, 2001 al Qaeda attacks, and the crashing to Earth of America's first space station, Skylab, in 1979, which had people around the world worried they could be hit by falling space debris.

"Things where, for everybody, the sense of control is gone," Muskin said.

Adding to the anxiety is the fact that the two candidates in the Nov. 8 election are the most unpopular in modern U.S. history. Some 57.5 percent of Americans have an unfavorable view of Trump, and nearly 54 percent have an unfavorable view of Clinton, according to Reuters/Ipsos

polling.

There is no data available to quantify the election-related anxiety, but the therapists' anecdotes give some insight into the state of the national psyche.

Elaine Ducharme, a clinical psychologist from Glastonbury, Connecticut, said the election was also on the minds of all of her patients. "I can't think of a person I've talked to (who) does not feel anxious about this," she said.

Therapists, themselves, aren't immune to these anxieties.

Lynn Bufka, executive director for practice research and policy at the American Psychological Association, said one patient was concerned that much of the criticism of Clinton was just because she was a woman, and this had affected how the patient viewed herself.

"What does this mean for her as a woman? Have things really changed that much for her in terms of what she can do?" Bufka recalled the patient wondering.

Trump has said Clinton, who would be America's first female president, lacks a "presidential look" and has called other female critics "fat," "pig," or "bimbo."

Bufka said Latino and Muslim patients are also anxious about Trump's proposals to build a wall along the Mexican border and to temporarily suspend immigration by Muslims.

Her advice: "Turn off the news feed. Stop reading everything if it just gets you more stressed."

REUTERS

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'The Get Down' is turning heads

The Netflix series has some serious style, thanks to costume designer Jeriana San Juan.

LUZ LANCHEROS
Metro World News
letters@metro.us

Jeriana San Juan is the costume designer behind "The Get Down," the Baz Luhrmann Netflix series that has fashionistas buzzing over its cool '70s style. The show is a musical and above all, a visual delight. Thanks to San Juan, the show also features a hip-hop and disco-inspired wardrobe that reflects the debauchery of a series that made the '70s cool again.

What were your main references for this series?

I found inspiration wherever you can imagine, including vintage fashion magazines. I also found it watching films produced at that time, vintage clothing catalogs and photographs of Joe Conzo, who was a famous portraitist toward the end of the '70s and who took many photos of his colleagues in those days. I was also inspired by the work of Jameel Shabazz, who was one of the first photographers who documented urban street style.



Jaden Smith
NETFLIX

Where did you get the clothes from? Did you transform them after purchasing them or was it all done in the studio?

The showroom was full of pieces that were acquired worldwide, and many of them were vintage. The extras were dressed almost entirely from vintage pieces, although many also wore modern clothing that was adapted to look more authentic. To design clothes for the characters, I often re-created a detail or an

authentic vintage piece using a different silhouette or a new material. Sometimes I started to design from a reference and just let my imagination flow.

How did you create unforgettable pieces like the Get Down Brothers' bomber jacket?

The Get Down Brothers' jackets were inspired by a photo of a hip-hop group from the early '70s that wore satin baseball jackets. These were generic there, but I fell in love with its uniformity and also the way in which the satin reflected the light. It

looked like the solution and the perfect way to represent their current situation and gave the guys an iconic look. I also chose red and dark blue because it created a synergy between the color schemes of Books and Shaolin.

You expressed that "cool" is the essence of the series, so how would you define this word?

I grew up in a Cuban family that did not have much money. When you grow up with that background, you know that it does not require a lot of money to have great

style. I learned that early on, thanks to my Cuban grandmother, who showed me how to make dress patterns from old newspapers. The "cool" essence of the show does not come from guys with money, it comes from their creativity in wearing street fashion and interpreting it.

Mixing sneakers, chains and caps, along with glasses, was a new concept at the time. Everything was about keeping it fresh and looking great in your athletic wear. It was a revolutionary concept that remains in force today. I'm a big believer

that it's just a matter of creativity and style to look "cool."

Why do you think the '70s are back again in such a big way?

There are many things from the '70s that are eternal because inherently, they are flattering to the body for both men and women. The wrap dresses, wide-brimmed hats, blouses with long sleeves, bell-bottom pants, big glasses. ... These elements will always be flattering and easy to use, even if they are dramatic in silhouette. The '70s refined effortless "cool."



Real friends wear matching bomber jackets. NETFLIX

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Kurt Russell's love-hate relationship with mustaches

The legendary actor talks "Deepwater Horizon," Elvis and facial hair.



MATT PRIGGE
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Kurt Russell has a catchphrase he just made up about New Orleans: "You just sort of embrace the alligator of it all." It's a phrase we've never heard before, probably because no one's ever said it. (We Googled it.) But Russell is coining it. "I don't know if it makes any sense at all," Russell says, laughing. "But it sums up New Orleans for me: You just have to embrace the alligator of it all. Then you're OK with New Orleans."

The legendary actor, 65, is down in Louisiana to promote "Deepwater Horizon," near where the incident in the film — the 2010 BP oil rig explosion and subsequent polluting of the Gulf — took place. In the movie, by "Lone Survivor" director Peter Berg and starring

Mark Wahlberg, he plays Mr. Jimmy, the rig manager who attempts to avert the disaster before it happens, then tries to survive as he and his crew are engulfed in flames.

I like movies about salt-of-the-earth types, because honestly I don't really know many of them.

Me too. I know what you mean. Especially when they don't talk down to them. I don't like it

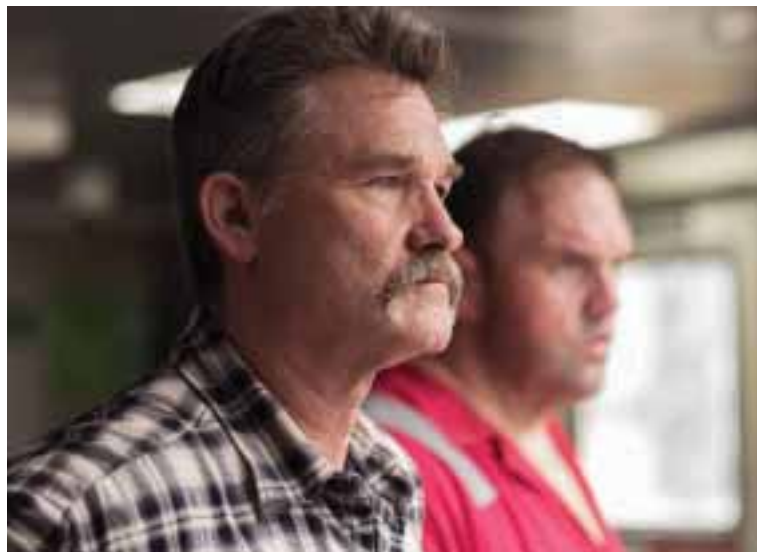
when they talk down to them. I've sometimes started to be involved in projects where they did that, and I said, "I'm out. I don't want to be part of your inherent need to talk down to the rest of the country. If [the characters] aren't from New York or Los Angeles or San Francisco or Chicago, you have an inherent need to talk down to them. And I can't be a part of that."

You're also playing a real person, which adds another dimension.

I always look at it from the point of view of if someone was going to play me. I'd want them to be me. I wouldn't want them to do their own version of what they thought I was, just off the script, going, "Oh, yeah, he's kind of a loose and crazy guy!"

What about when you were playing Elvis Presley in John Carpenter's 1979 "Elvis" TV movie? You didn't just do an Elvis impersonation.

When you have a real person you have parameters. When you have a famous person that everyone knows, now the parameters become very finite. It's your job to go right up against the edges of those parameters. In that case, I worked with Elvis when I was 10, 11 years old [in



Kurt Russell has a damn good mustache in "Deepwater Horizon." DAVID LEE

the 1963 Elvis movie "It Happened at the World's Fair"). I remember him distinctly, because I worked with him for two weeks on the movie and most of it was with him. I saw him off-camera a lot.

I should ask about your mustache here. You've been doing them a lot recently.

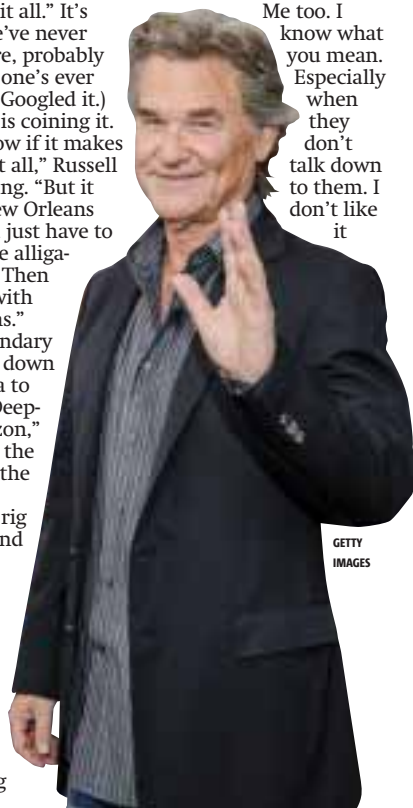
Yeah, I thought the same thing. It just happened that way. My favorite one in terms of [facial hair] is what I got to do for [the next] "Guardians of the Galaxy." It's a beard. It's a very cool beard. It's kind of a Moses thing. He goes to a planet where he can be anything he wants to be. And this is what he's chosen. I like that. This is what he wants to look like. [Laughs]

It seems like this run of mustaches started with "Bone Tomahawk," which is a more modest mustache than that huge one you have in

"The Hateful Eight." That was originally going to be a tight piece of work, almost a doctor look. Then "The Hateful Eight" came about, and I was like, "I should work my way towards what I need for 'Hateful Eight.'" So I came up with this look for "Bone Tomahawk," which wasn't long and it wasn't full. It started me on the path.

Then "Hateful Eight" — that's a mustache wearing a man.

You could always do a fake one, you know. I'm actually thinking about doing that for a different project. And the fake ones look good. With mustaches, I hate them for my life but I love them when I'm working.



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This is all for good reason: According to the Centers for Disease Control and Prevention, excluding some skin cancers, breast cancer is the most common cancer among American women regardless of race or ethnicity.

It's also in the news thanks to prominent women like Robin Roberts, Sharon Osbourne, Angelina Jolie and Christina Applegate, who have gone public about their expe-

riences with breast cancer. Some have discussed their decisions to be tested for genetic mutations BRCA1 and BRCA2. Jolie and Applegate both elected to have preventative double mastectomies upon discovering they were carriers of BRCA genes.

We talked to Dr. Susan K. Boolbol, chief of the breast surgery division and clinical director of the cancer network at Mount Sinai Health System, about why there are no one-size-fits-all answers when it comes to screening and testing for breast cancer, and the importance of women first

discussing their situation with their doctor.

When should women start getting mammograms? What about high-risk women?

This is an area of great controversy. The [U.S. Preventive Services Task Force] recommends that average-risk women begin screening mammograms at 50 years old. The American Cancer Society recommends screening mammograms beginning at 45 years old for average-risk women. The recommendations for high-risk women must be personalized and cannot

be general recommendations. These are issues that must be discussed with their physicians.

When should women start self-examining?

It is important that women are familiar with their own normal self breast exam. The purpose of a self breast exam is not to know what every "lump or bump" is, but rather be able to notice something that is new or different. Many societies recommend beginning self breast exams in the mid-20s.

Should women be tested for the BRCA gene?

Out of all breast cancers diagnosed each year, only about 5 percent to 8 percent are due to BRCA1 or BRCA2 mutations. Having one of these greatly increases the patient's lifetime risk of developing breast and/or ovarian cancer. The two main options for women with BRCA1 or BRCA2 are close observation with imaging tests and physical examinations, or prophylactic surgery.

Average lifetime risk for a woman to develop breast cancer is in the range of 11 to 12 percent. For some women with a genetic mutation, their average lifetime risk now increases to 85 percent

for breast cancer. It greatly increases the lifetime risk of ovarian cancer also.

There are many factors that are involved in the decision of whether to have a woman see a genetic counselor or undergo genetic testing. Any women who is diagnosed with breast cancer and is younger than 50 years old should be offered testing. If a woman has breast cancer and has a family member with ovarian cancer, testing should be discussed. Another main indication for genetic testing is if a woman has breast cancer and is of Ashkenazi Jewish descent. Genetic testing should be discussed with all men who are diagnosed with breast cancer.

What are the outcomes of treatment if it's caught early?

The great news about breast cancer is that outcomes are excellent. Early stage breast cancer has greater than a 90 percent five-year survival. The main treatment options are surgery, radiation, chemotherapy and endocrine or hormonal blocking treatment. Today many women with breast cancer do not undergo treatment with chemotherapy.

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HOW TO GET AHEAD

A practical guide for fellow procrastinators

Whether it's your term paper or business plan, here's how to get the job done.

SARA FEINSTEIN
@MetroNewYork
letters@metro.us

All too often, people start projects with grand ambitions, only to later find themselves unable to finish. Seeing their expectations crumble, what follows next is a series of despair, doubt and often, even shame.

After finding themselves in a similar situation with their own lingering projects, writers Cary Tennis and Danelle Morton came together to create "Finishing School: The Happy Ending to That Writing Project You

Can't Seem to Get Done."

In what could easily be described as a guide to procrastinating — something we've all been guilty of at one point — their book brings readers through a step-by-step process of reigniting and, eventually, completing that stalled creative project.

"It's a practical approach to finishing work," says Tennis. "There's people to deal with things like starvation and bad relationships. There's self-help people who will help you learn to sell more cars or make more money or dress better, but the one thing I felt that I wanted to do in the world was to help people finish projects."

Tennis and Morton walk us through some of the key elements of their approach.

Set realistic goals

"Mapping out specific times for a project, and then sitting down to work seems to really clear away distractions," explains Tennis. "It's a simple approach, but it works." The key word, however, is "realistic." Telling yourself you're going to finish your novel this month may sound great, but more often than not, you know it's not going to happen. By mapping out discrete and precise times for a task you want to accomplish, however, you come away every week as a winner. Even better, doing this repeatedly

strengthens your capacity to make a plan and stick to it, explains Tennis. "Exercising it makes it stronger, and eventually, you master it."

Establish a support system

It's called the "buddy system." You probably followed it in kindergarten, but this time it's different. "It's pretty adult," says Tennis. The approach is simple: By linking up with a partner and checking in with them occasionally regarding the progress of your work, you create a system of encouragement and accountability. Of course, there are also other benefits. "It's a boost to not think of yourself as this lonely creature who's trying this impossible thing," says Morton. "There are other lonely creatures trying this impossible thing, too. You're both in the club together."

Avoid critiquing

For support in a writers' group, it's best not to

read each other's work, explain Morton and Tennis. In fact, in many ways, sharing can be detrimental to a writer's progress. "The Finishing School" method instead involves simply discussing what was accomplished rather than the perceived success of the content itself. "We found that focusing it not on the quality of work leveled the playing field," says Morton. "When we sit down to write, we are actually equals. The problems of somebody who has ever written something before who is struggling with trying to finish are identical to the problems of someone who is an accomplished writer and still can't get that thing done."

Step-by-step

For many, falling off track with creative projects can leave them feeling down and ashamed. Even worse, according to Morton, people naturally tend to denigrate the things they do. The key to rebuilding self esteem lies in gradually developing evidence of their progress. "In reality, if every week you finish something and take your work seriously, then, brick-by-brick, you get rid of shame," says Morton. "If you continue to wrestle with it, and you continue to make progress, then you can hold your head up high as a creative person because in the end, you're getting it done."

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Things the Giants must do to beat the Vikings on Monday night

New York is facing its toughest regular season test yet under the Monday night lights.



KRISTIAN DYER
@KristianRDyer
sports@metro.us

It is bounce-back time for the New York Giants as they look to rebound from their Week 3 loss to Washington. In their Monday night opponent they face a streaking Vikings team that hasn't skipped a beat since losing quarterback Teddy Bridgewater to injury.

In fact, they might even be playing better.

The Giants have plenty of question marks coming into the game from their offensive line to the health of their secondary. Then there is

Minnesota, sitting at 3-0 after an impressive win at the Carolina Panthers last week.

1 Can you Diggs it?

A major reason why the Vikings are off to a strong start and their offense is clicking so well boils down to the emergence of Stefon Diggs. The Vikings wide receiver has 20 catches for 325 yards and a touchdown this year, pacing the passing attack. Now in his second year in the league it looks like Diggs is emerging as a legitimate star and a true No. 1 wide receiver.

"He's going to be a guy we're going to have to be concerned with. We always identify the guys that we think can wreck the football game. I think

he can because he's a deep threat," said defensive coordinator Steve Spagnuolo. "Talk about explosive play, I think explosive plays were one of the things that hurt us last week."

2 Protecting Eli

The Giants have been a mess at offensive line, this even before Marshall Newhouse went down with an injury. The passing game hasn't really gotten going this year in large part because their Pro Bowl quarterback isn't getting protection. The Giants might end up needing to trade for some offensive line help or looking to make a move if a team makes a cut. But their inability — or better yet their unwillingness — to either draft



Giving Eli Manning time in the pocket will be key for the Giants against Minnesota's defense. GETTY IMAGES

an offensive lineman or sign one in free agency is killing them right now and their offensive production.

3 More than a replacement

In taking over for the Teddy Bridgewater, Sam Bradford has looked every bit the part of being the Minnesota starter. The once maligned former Philadelphia Eagles quarterback has moved

the ball well and in two games with Minnesota has completed just under 68 percent of his passes and has three touchdown passes.

"I think that over the course of the years, just what I have gone through with some of the injuries and then moving here at the beginning of the year," Bradford said. "I have just learned to control what I can control and not to worry about anything else, approach

each day as a new day and just try to get better. I feel like I don't really let much get to me anymore. I have seen about everything now. So I would say that my perspective has probably matured a little bit since I was younger."

One advantage for the Giants is that in two games the Vikings have allowed Bradford to be sacked six times. With a good pass rush they should be able to get to him and deliver some hits.

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NFL Week 4 roundup: Falcons thrash, shock Panthers, Patriots shut out

Here's a look at the action from Sunday's early games:

Atlanta 48, Carolina 33
Derek Anderson led the Panthers (1-3) back into this game after Cam Newton left to undergo concussion protocol following a blow to the head on a two-point conversion in the 4th quarter. All in all, 40 points went on the board in the fourth quarter of this NFC South shootout.

Oakland 28, Baltimore 27
After the Ravens (3-1) took advantage of a 52-yard touchdown to Steve Smith and an Oakland (3-1) fumble to turn a 21-12 fourth-quarter deficit into a 27-21 lead, Michael Crabtree caught his third touchdown on the afternoon to give the Raiders the win.

Chicago 17, Detroit 14
Da Bears (1-3) got da win for the first time this season by shutting down Matt Stafford and the Lions (1-3) offense.

Houston 27,



The Patriots are ready for the return of Tom Brady. GETTY IMAGES

Tennessee 20
Bill O'Brien took over play-calling duties in Houston (3-1) this week and it showed as they beat Tennessee, led by, rookie sensation Will Fuller who added a 67-yard punt return to his 81 receiving yards.

Buffalo 16, New England 0
The Bills (2-2) came to play for their embattled coach for the second straight week and blanked Jacoby Brissett and the Patriots (3-1) in the last game before

Tom Brady returns.

Washington 31, Cleveland 20
Washington (2-2) won as Kirk Cousins threw two touchdown passes to Jordan Reed.

Jacksonville 30, Indianapolis 27
Typical London weather led to a slippery ball for Colts (1-3) receivers. The Jaguars (1-3) held on for their first win of the season after Allen Hurns and Phillip Dorsett traded long touchdowns in the morning game.



The Jets defense wasn't able to slow down Russell Wilson on Sunday. GETTY IMAGES

Reasons why the Jets couldn't fend off the Seahawks in Week 4

Russell Wilson was just too much for the Jets' defense Sunday afternoon.

TONY WILLIAMS
@TBone8
sports@metro.us

Seattle quarterback Russell Wilson's knee is either made of elastic bands or he's the best fiber west of New England, because the player who haunted the Jets didn't look anything like the guy whose status was questionable heading into the game.

During the week, the Pro Bowl quarterback's sprained MCL provided much consternation, but his performance on Sunday was the main reason for Seattle's 27-17 win over the Jets.

New York (1-3) is suddenly in a tailspin, as that impressive Week 2 win in Buffalo seems like a distant memory.

Here's a look back at the key moments in a tough loss for Gang Green.

What We Saw:

1 DangerRuss

Wilson came into the game hobbled and donning a bulky knee brace. But after a week of intense rehab and around-the-clock treat-

ment in his home, the Pro Bowl quarterback befuddled the Jets. Wilson, who went 23 of 32 for 309 yards and three touchdown passes, connected with eight different targets. He was sacked on the opening drive by Leonard Williams, and twice overall, but was mostly clean. The last time he played at MetLife, he was a Super Bowl-winning quarterback. And for at least another afternoon, he made himself right at home, thanks to a suddenly suspect Jets secondary.

2 Tight end conundrum

It's been no secret that the tight end position has been nonexistent for the Jets under offensive coordinator Chan Gailey, and that deficiency was on full display against Seattle. Braedon Bowman was the only tight end to even be targeted in the passing game — and naturally, he dropped it. Bowman didn't register a reception. Conversely for Seattle, Jimmy Graham went wild in the Jets' secondary as he tallied six catches for 113 yards. It was the second-straight game in which Graham went over the century mark — and also the first time that's been achieved by a Seahawks tight end in franchise history. The

Jets would take even half of that production on a weekly basis, but for the foreseeable future, the position will likely look like it's being manned by glorified linemen.

3 Secondary is a primary concern

What was once possibly considered a fluky occurrence is now turning into a major concern for the Jets, as opposing passing games are having its way every week. Graham wasn't the only receiving option to have success, as Wilson got multiple targets on track. Four receivers had personal long receptions of at least 27 yards, with an undrafted wideout having the longest reception of the game. Wilson hit rookie Tanner McEvoy on a 42-yard touchdown pass for the former Wisconsin Badger's first — and only — NFL catch. The 6-foot-6 McEvoy, who starred at New Jersey prep powerhouse Bergen Catholic High School, ran through busted coverage to highlight the Jets' continued secondary woes. And with Darrelle Revis losing a step — and now apparently nursing a hamstring injury — New York's once vaunted secondary is now looking like the defense's Achilles.

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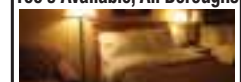
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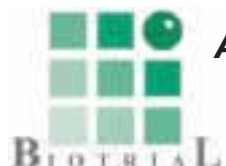
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of Turn On Electric LLC.
Articles of Org. filed with the Secy. of State of New York (SSNY) on 06/13/2016. Office location: Queens County. SSNY has been designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: the LLC c/o 139-23 Queens Blvd., Queens, NY 11435. Purpose: Electrical work.

NOTICE OF FORMATION
of Diaz Monero Medical, PLLC. Articles of Org. filed with the Secy. of State of New York (SSNY) on 02/04/2016. Office location: Queens County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to: the LLC c/o 40-36 Junction Blvd., Corona, NY 11368. Purpose: Medicine

NOTICE IS HEREBY GIVEN
that a license, Number 1296786, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 37 W. 54th Street, New York, NY 10019, for on-premises consumption. Bei Xiong Inc.

NOTICE IS HEREBY GIVEN
that a license, Number 1296498, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 1631 Sheephead Bay Rd., Brooklyn, NY 11235, for on-premises consumption. MJ Fusion Inc.

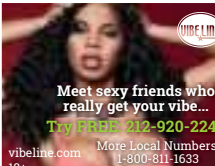
NOTICE IS HEREBY GIVEN
that a license, Serial # 1297332, for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail under the Alcoholic Beverage Control Law at 146 Metropolitan Ave., Brooklyn, NY 11249. Kings County, for on premise consumption. The Monarch Theatre LLC.

NOTICE IS HEREBY GIVEN
that a license, Serial # 1296386, for Beer, Wine & Liquor has been applied for by the undersigned to sell Beer, Wine & Liquor at retail in a Restaurant under the Alcoholic Beverage Control Law at 196 Smith Street, Brooklyn, NY 11201, for on premises consumption. M&P Smith Street LLC d/b/a Phil & Anne's Good Time Lounge.

NOTICE IS HEREBY GIVEN
that a license, Number 1296742, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law at 98 8th Ave., New York, NY 10011, for on-premises consumption. Shorty Tang Noodle Shop Inc.


NOTICE IS HEREBY GIVEN
that a license, Number 1296734, for Beer & Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Bar under the Alcoholic Beverage Control Law at 137 1st Ave. Store 1, New York, NY 10003, for on-premises consumption. Drunken Dumpling Corporation.

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Across

- 1 Jam or pickle
- 5 Pushpin
- 9 Holly, to a botanist
- 13 Famous last word
- 14 Drama prize
- 15 Bugged down
- 17 Aloha, in Rome
- 18 Do road work
- 19 Aileron locale
- 20 Disco flashers
- 22 Go-between
- 24 Lapdog, slangily
- 25 Salad makings
- 26 Invisible swimmer
- 29 Nasty shocks
- 31 High-rise unit
- 32 Texas town
- 33 Lemon cooler
- 36 Item in a poker pot
- 37 Apparition
- 40 Less than one
- 41 AMA members
- 42 Muffin spread
- 43 Foul smells
- 45 Whimpers
- 47 Kind of pig
- 48 Gourmet delicacies
- 51 Freight hazard
- 52 Sawbuck (hyph.)
- 54 Daunt
- 58 St. Teresa's home
- 59 Scholarly org.

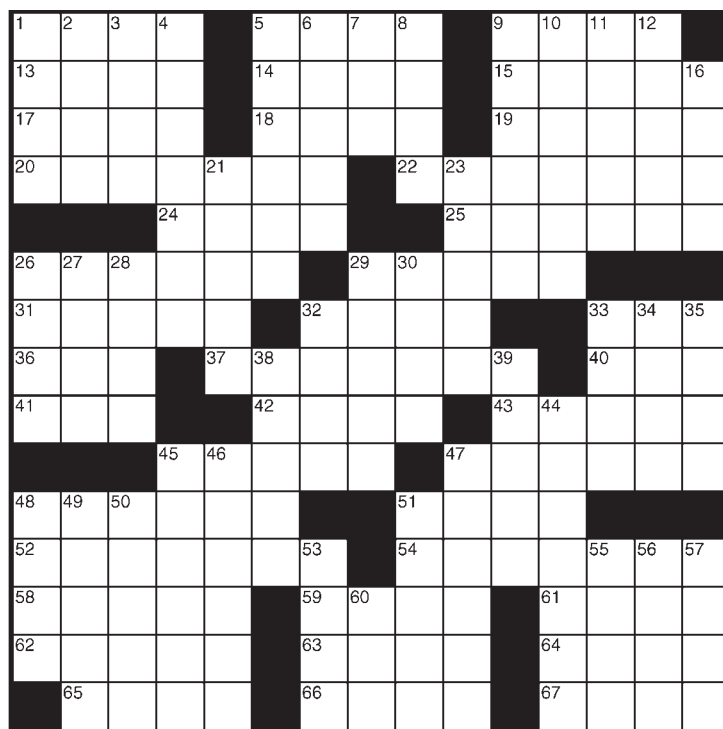
- 61 Pit or stone
- 62 Oui and da
- 63 Touch
- 64 Scale button
- 65 Change the decor
- 66 Slowly vanish
- 67 Reach across

Down

- 1 Slickers
- 2 Activate a Geiger counter
- 3 Char a steak
- 4 Looked into more than necessary
- 5 Midwest capital
- 6 Humiliate

- 7 Not mil.
- 8 It goes from bow to stern
- 9 Divulge
- 10 Bell-shaped flowers
- 11 Blank a tape
- 12 Inert gas
- 16 Lairs
- 21 Jazz genre
- 23 Ice hut
- 26 Kind of rain
- 27 El Cid foe
- 28 Heavy burden
- 29 Russell and Pauley
- 30 VIII, to Virgil
- 32 Off the --
- 33 By and by
- 34 Catastrophic
- 35 Bride in "Lohengrin"
- 38 Why? (2 wds.)
- 39 Lament
- 44 Absorbs
- 45 Played false
- 46 Marty Robbins tune (2 wds.)
- 47 Like some breezes
- 48 Overnight visit
- 49 Defiant reply
- 50 Licorice flavoring
- 51 Cleared the dishes
- 53 Minor misunderstanding
- 55 Make hay
- 56 Aloe --
- 57 Blissful spot
- 60 PBS funder

metro.us/crossword



metro.us/sudoku

easy

			9				4
4				5	9		8
2		6	4				
	8		9	3	6		1
		7		5		3	
	3		7	1	2		8
				8	1		9
9		2	3				7
7				6			

hard

					1			
6	5	1			8	9	4	
				5			8	
2	3		1			4		
		8	4		5	1		
		7			9		3	5
	8			6				
	4	3	8			6	5	9
			5					

metro.us/horoscopes



Aries Your emotions will fluctuate as the day unfolds. Keep your thoughts to yourself in order to avoid an argument. An affectionate approach will help you persuade someone.



Taurus Taking a trip or attending an event that encourages personal growth, knowledge and enlightenment will open your eyes to new ways of doing things.



Gemini Consider your personal and professional situations and the changes that would make you happy. A challenge will do you good and help you decide what to do.



Cancer Giving in to your emotions will set off a series of unexpected events that will leave you feeling insecure. Use your intelligence to work your way through any dilemma.



Leo Plan to do something special and entertaining with the people you love. Take a pleasure trip or collaborate with someone who shares your creative talents or dreams.



Virgo Don't try to impress someone by spending a lot of money. Concentrate on building a strong relationship with someone who has something to offer you.



Libra Take responsibility and do what needs to be done. It's up to you to make things happen, so stop waiting for someone else to take the reins. Stay focused and in control.



Scorpio Do your own legwork. Relying on someone else will lead to disappointment. Make special plans with a loved one. A romantic gesture will improve your life.



Sagittarius Push a little harder if you want to bring about change. It's what you do, not what you say that will count. Express your concerns and make your decisions clear.



Capricorn Refuse to let anyone disrupt your plans. You will encounter someone who will not only encourage you, but will assist you in reaching your goal.



Aquarius Raise your profile and boost your reputation by taking part in a conference or trade show. Collaborate and negotiate your way to the top.



Pisces Take the initiative and make the first move when it comes to affairs of the heart. Your suggestions and romantic gestures will intrigue a loved one. **EUGENIA LAST**

Yesterday's answers

BURL	USNA	ABBY
AREA	TRUER	FILE
YSER	RELIC	FLAN
SAFARI	UGH	ALBS
MAVS	HERB	
VIVIFIES	SOLACE	
ODIE	ALAS	DELLA
IOS	LEVIS	LOS
LLAMA	SERE	ROSE
ASSAIL	DEVIATED	
XMEN	NETS	
ANTI	DOD	RAPIDS
LOOM	GRETA	IGET
MENU	EMAIL	NOSE
SLIM	RARE	GRIP

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